**P3 Family Learning – Example**

Parents/carers – Please pick 1 task per week to complete and share via Teams or in class.

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| **Sports and Fitness**   * I can regularly take part in a sports class or club. * I can enjoy longer family walks. * I am learning to cycle my bicycle. * I can enjoy dancing to music with my family. * I can use a variety of passes to throw and catch a ball. * I can work to improve my fitness by completing an increasing number of reps of a specific movement, for example star jumps. | **Life Skills**   * With an adult I can find out about ways to cross the road in Kincardine. * I can read ¼ to and ¼ past on digital and analogue clocks. * I can zip my own coat and independently tie my laces. * I can help to prepare a simple lunch. * I can design my own decoration for a cake. * I can give change in a play scenario. | **Community and Outdoor Learning**   * Talk about and prepare to share information about a club in my local area such as rainbows or cubs. * I can identify and find Fairtrade products in my local shop. * I can observe wildlife in their natural habitats. * I can carry out an act of kindness for a family member or a person in my community. * I can take part caring for a garden or outside space. * I can talk about how to save energy in my home and make a plan with my family to put my ideas into action. |
| **Creativity**   * I can dance/move along to music and follow actions/steps and choreography. * I can create a symmetrical pattern. * I can make a model of a boat. * I can invent a new game to play in with my friends or in the playground. I can make it fair and explain the rules to others. * I can make a homemade percussion instrument and play it, keeping a steady beat. * I can act as a character from my favourite book, TV show, film or game for others to guess, using my voice, body and facial expressions. | **Health and Wellbeing**   * I can talk about how to look after a baby. * I can give examples of how to make friends. * I can describe different jobs that adults do. * I can sort foods as healthy or unhealthy. * I can demonstrate skills when using kitchen equipment. * I can use my senses to practise mindfulness – e.g. stand outside with my eyes closed and make a list of all the things can hear and smell | **Technology**   * I can write a set of instructions, for example, build a lego model * I can change my password on glow and remember it * Read something online that you are interested in- pick 2 facts. * Access Beebot app (Free) and explore levels 4-6. * I can choose something from home for my Digital Learning Journal that shows I am a confident individual. * I can talk to an adult about staying safe online |